

## News Briefs

### Mini case lot sale

The commissary is holding a mini case lot sale from 10 a.m. to 4 p.m. today and from 9 a.m. to 4 p.m. Saturday. For more information, call Ext. 7109.

### Education town hall meeting

An education town hall meeting for Columbus AFB parents of school-aged children is at 6 p.m. Wednesday at the community center. The agenda includes updates on the lottery system and bus transportation, followed by an open forum for questions and concerns on education.

### AFSA Chili cook off

The 2005 Air Force Sergeants Association Chili Cook-off is Thursday at the community center. Entries may be dropped off between 11 and 11:30 a.m. at the center the day of the cook-off. Each chili will be judged on taste, smell, appearance and after taste. Taste testing runs from 11:30 a.m. to 1 p.m. Cost is \$4 for a bowl of chili, chips and a drink. For more information, call Tech. Sgt. Terry Patterson at Ext. 2141.

### CTO closure

The commercial travel office will close at noon March 25. All business should be conducted prior to this time. In case of travel emergency, call the emergency center at (800) 639-0689.

### Happy's 90th birthday

All BLAZE TEAM members are invited to George "Happy" Irby's 90th birthday party from 1 to 2 p.m. March 25 at the Columbus Club Happy Lounge.

## Inside



### FEATURE 10

Female contributions to the military are celebrated during Women's History Month.

## Drug drive



**Airman 1st Class Eric Williams, 14th Medical Support Squadron, helps Wanda Harris fill a prescription at the pharmacy window Tuesday. In recognition of National Patient Safety Awareness Week, the pharmacy invites people to bring expired, non-controlled medications to the clinic for proper disposal between 7:30 a.m. and 4 p.m. Monday through Friday. For more information about expired medicine, call the pharmacy at Ext. 2168.**

## Some military may receive tax deferral

Reservists called to active duty and enlistees in the armed forces may qualify for a deferral of taxes owed if they can prove that their ability to pay taxes was affected by their military service, according to the Internal Revenue Service.

The Servicemembers Civil Relief Act provides this benefit.

The act covers active duty members of the military services — Army, Navy, Air Force, Marine Corps and

Coast Guard — and commissioned officers of the uniformed services — Public Health Service and National Oceanic and Atmospheric Administration.

Reservists must be placed on active duty to qualify. National guard personnel not serving in a "federalized" status — that is, called to active duty specifically by the president of the United States — are not covered.

The deferral applies to taxes that

are due before or during military service and extends the payment deadline to 180 days after the military service ends. No interest or penalty accrues during the deferral period.

The deferral is not automatic; taxpayers must apply for it. When applying, taxpayers must show how the military service affected their ability to pay.

See **TAXES**, Page 3

## Voting program kicks off slogan contest

**WASHINGTON** — Federal Voting Assistance Program officials are accepting entries until July 10 for the program's latest slogan contest.

The winning slogan will be featured in the program's 2006-2007 media campaign, which will focus on increasing voter awareness among U.S. citizens worldwide and encouraging them to participate in the democratic process, officials said.

Slogans also will be posted on the program's Web site, in the 2006-2007 Voting Assistance Guide and on motivational posters, audiovisual materials and in other publications and manuals, officials said.

Submitted slogans should address the importance of voting or inspire someone to vote, and people may enter as many times as they like, but contest officials request that each entry be submitted separately. A panel of independent judges will choose the winning slogan based on originality and motivational value, officials said. The contest winners and runners-up will receive a certificate signed by Defense Secretary Donald Rumsfeld.

People may submit their slogan by e-mail, fax or mail. It

should include their full name, their service (if military), mailing address, daytime telephone number, fax number and e-mail address.

E-mail entries should be sent to slogan@fvap.ncr.gov and should be text only, one slogan per e-mail, with contact information on each e-mail. Enter "Voting Slogan Contest" on the subject line. Because of security concerns, any e-mail message with an attachment will be deleted, officials said.

Slogans can be faxed to (703) 696-1352 or DSN 426-1352. The program's Web site, www.fvap.gov, has toll-free fax numbers from 51 countries. Submit separate page for each slogan with contact information on each page. No cover sheet is necessary.

People may also mail their entries to Federal Voting Assistance Program, Department of Defense, Attn: Voting Slogan Contest, 1155 Defense Pentagon, Washington, DC 20301-1155. If submitting by mail, type or print legibly on regular 8 1/2 by 11 inch paper, with one slogan per page and contact information on each page. *(Courtesy of American Forces Press Service)*

## AF Portal provides reduced sign-on to myPay

**Staff Sgt. Todd Lopez**  
Air Force Print News

**WASHINGTON** — Airmen have one less password to remember thanks to a new link between the Air Force Portal and the Defense Finance and Accounting Service myPay Web site.

With much of the Air Force transitioning from face-to-face customer service to online self-help Web sites, many Airmen are left with several passwords, login names and Web addresses to remember.

For Airmen, the Air Force Portal has eliminated much of the trouble of remembering all those passwords and login names. And recently, designers of the portal and DFAS maintainers teamed up to enable Airmen to remember one less password.

Airmen can now have the portal remember their login name and password for myPay, the DFAS online site for pay

information, leave and earnings statements, tax forms and allotments. The change makes it easier for Airmen to access their information online, and is another example of how the portal is making life easier for Airmen to get the information they need, said Richard Gustafson, Air Force financial management chief information officer.

"This has made easy access to pay information available to all Airmen across the entire community," Mr. Gustafson said. "Integration of applications such as myPay is just one example of the power of the Air Force Portal to our organization. Each new capability that is added increases the value of the portal and makes our lives just a little easier."

To take advantage of the new feature, portal users must already have an active myPay account.

After logging on to the portal, users can click "Applications" on the right side of the screen and then scroll down to

"myPay (E/MSS)." When they click the myPay link, the portal will create a dialogue box to help guide them through the setup process.

Setup requires entering the user's login ID and PIN for myPay. Once set up, users need only log into the portal and click the myPay link to get instant access to their pay information.

Having to remember many user passwords is one of the reasons the portal was created. The idea is called "reduced sign-on" and the portal does it for myriad Air Force information applications and Web sites.

Reduced sign-on is beneficial because it eliminates the need for multiple passwords and login names, and it provides a single and consistent login interface and deters the most common threat to network security — users writing down their passwords, Mr. Gustafson said.

Visit the Air Force Portal at <http://my.af.mil>.

### 14TH FLYING TRAINING WING DEPLOYED

As of press time, **28 BLAZE TEAM** members are deployed

worldwide. Remember to support the troops and their families while they are away.



**Capt. Shannon Prasek**  
14th Operations Group



The 14th Flying Training Wing congratulates Captain Prasek on her selection as a **semi-finalist** in competition for duty as a demonstration pilot and advance pilot/narrator for the **Air Force Air Demonstration Squadron, The Thunderbirds**. The BLAZE TEAM wishes her luck during the next phase of the competition.

## SILVER WINGS

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### Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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## COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-01)	2.96 days	1.38 days	April 22	48th (05-07)	2.70 days	3.76 days	April 8	T-37	1,363	1,472	12,936
41st (06-02)	-0.07 days	-0.36 days	May 17	50th (05-07)	-0.72 days	-1.63 days	April 8	T-38C	766	710	6,742
								T-1A	708	725	6,018

Graduation speaker: Lt. Gen. Walter Buchanan III, 9th Air Force and U.S. Central Command Air Forces commander



# Military ID cards get makeover

Changes have recently been made to the Department of Defense Identification Card known as the Common Access Card.

The October 2004 release of the Real-time Automated Personnel Identification System (RAPIDS) has implemented the following changes:

1. Military CACs produced prior to October 2004 have status fields (Figure A) with the following information:

Active duty with the status field labeled as “Active Duty”  
Selected reserve with the status field labeled as “Reserve” and

National guard with the status field labeled as “Guard”s

Beginning in October 2004, the new CACs will not have a status field for all military (Figure B). The status field for the military was established to help support the control of the Commissary Privilege Card between active duty, selected reserve and national guard.

However, on Nov. 24, 2003, the president signed the National Defense Authorization Act for 2004, which allowed all selected reserve, national guard members and their dependents to receive unlimited commissary privileges.

Previously issued CACs containing the status field will remain valid until October 2007 or until the card expires, whichever comes first.

## Technicians use T-1 wreckage for testing

**Susan Ferns**  
Aeronautical Systems Center

### WRIGHT-PATTERSON AFB, Ohio

— After 11 years of service as a flight trainer, a T-1A Jayhawk aircraft is joining the Aeronautical Systems Center here.

The aircraft, although damaged past the point of repair, still has its avionics and other subsystems intact, along with most of its fuselage. Technicians in the center’s training aircraft systems group are using it as a test asset in their T-1A aging and reliability program.

Col. Ronald Joseph, the group’s commander, requested that Air Education and Training Command officials transfer the aircraft here.

The T-1A, a modified Beech 400A, is used to prepare Air Force and Navy aviators to fly cargo and tanker aircraft such as the C-17 Globemaster III and KC-135 Stratotanker, a training burden that previously fell on the operational units.

Bringing this Jayhawk here will help extend the life of the remaining 179 aircraft in the T-1A fleet.

Test results will improve the ability of group technicians to anticipate and prevent problems and to take proactive measures to keep the fleet in operational condition, said David Anderson, the group’s former deputy director.

“This will not only yield higher mission capability rates, but also make the T-1A safer for the 600 to 900 aviators a year

2. The old standard bar-codes have start/stop patterns (end bars) at both ends (Figure C). The new CACs will have a compact barcode, which will have a truncated stop pattern on the bottom of the barcode (Figure D). By truncating the bottom stop characters, the barcode was enhanced to improve information readability by the scanner.

3. There are three different printers deployed in the RAPIDS sites (Figure E). Defense Manpower Data Center has begun deploying new reverse transfer printers with 600 dots per inch, which will affect the print quality of the cards printed with this printer (Figure F).

The CACs printed on the new printers with 600 dpi will visibly show a higher quality of print. (Courtesy of the 14th Mission Support Squadron)

(Editor’s note: Title 15, United States Code, section 701 prohibits photographing or otherwise reproducing or possessing departmental identification cards in an unauthorized manner, under penalty of fine or imprisonment or both. Consequently,

for purposes related to communication with user communities regarding the new cards within the Department, the CAC shall not be posted or shown on web sites, or shown actual size, it will always be shown with “sample” on it, and the likenesses shown within this document will be used to the maximum extent possible.)

who train on this aircraft at five different installations,” Mr. Anderson said.

“Our aging and reliability program is still in its infancy,” said Danny Shaver, T-1A system squadron director. “We’re taking advantage of having the (Air Force Research) Lab and aging aircraft (systems squadron here). We tap their expertise as much as possible.”

The laboratory’s materials directorate testing includes diagnoses of the wiring systems and avionics components of the aircraft, as well as coating studies to evaluate the adhesion and strippability of various specialty and conversion coatings. Their test results will likely have application to other Air Force aircraft, officials said.

## TAXES

(Continued from Page 1)

Taxpayers must also have received a notice of tax due, or have an installment agreement with the IRS, before applying for the deferral.

The deferral does not extend the deadline for filing all tax returns.

However, taxpayers in the armed forces may get extra time to file under other provisions, such as being stationed overseas, in a combat zone or in a qualified hazardous duty area, or if they are serving in direct support of a combat zone.

For more information, stop by the tax center at 7211A Atlanta Drive in Capitol Housing or call Ext. 7316. Tax center appointments are available from 8 a.m. to 5 p.m. Mondays, Wednesdays and Fridays, 11 a.m. to 7 p.m. Thursdays and 10 a.m. to 2 p.m. Saturdays. (Courtesy of the 14th Flying Training Wing Legal Office)

There are **28 days** left until the 2004 **tax filing deadline**.

So far, the base volunteer income tax assistance center has saved BLAZE TEAM members more than **\$225,900** in **tax preparation fees**.

The center has helped more than **1,120 families** earn a **total refund of \$1,850,006** for Columbus AFB personnel. Free tax preparation and electronic filing is available to all members of the BLAZE TEAM.



George Kawanishi

**Technicians guide the fuselage of a wrecked T-1A Jayhawk training aircraft into a building at Wright-Patterson AFB, Ohio.**

# Proper workplace safety keeps eyes healthy

## Staff Sgt. Landee Bowers

14th Medical Operations Squadron

Every day, more than 2,000 people injure their eyes at work, with a total of more than 700,000 injuries per year. What most people don’t realize is that about 90 percent of those injuries could have been avoided if each of those workers had used eye protection.

There are many forms of eye protection available for use, such as non-prescription and prescription safety glasses, goggles, face shields, welding helmets and full face respirators.

The type of eye protection required should be determined by the workplace. If people work in an area that has flying objects such as bits of metal, glass, or wood shavings, they would need safety glasses with side shields. Working with chemicals would require the use of goggles.

When choosing the type of safety lenses needed (glass, plastic or polycarbonate), keep in mind the limitations of each material.

While glass can be used around harsh chemicals and it does not scratch as easily as the other materials, it can become heavy and uncomfortable to wear.

Plastic lenses are lighter in weight and can be used against welding splatter, but they are not as scratch-resistant as glass.

Last is the polycarbonate lens, which is lightweight, protects against welding splatter, stronger than glass or plastic and is more impact resistant than either of the other materials. The downfall of polycarbonate lenses is they are not as scratch resistant as glass.

Using eye protection is just one of the ways people can protect themselves from injury while working. People can help protect themselves and others by taking a proactive approach and inspecting work areas and equipment for any hazards.

In addition to preventing eye injuries, there are other

ways to keep eyes healthy at work.

“The most common work-related vision problem I see at Columbus AFB is eyestrain from constant computer work,” said Capt. Casey Andrus, 14th Medical Operations Squadron optometrist. “Depending on the amount of time we spend staring at the computer monitor, we can develop symptoms of eye fatigue, dry eyes, intermittent blurred vision and even headaches.”

According to Prevent Blindness America, nearly 75 million Americans spend many hours a day working in front of a computer. More than 50 percent report some form of eye strain, including burning eyes, light sensitivity and blurred vision, as well as pain in the shoulder, neck or back.

People can reduce or prevent these problems by reorganizing their work stations and practicing the following techniques:

- \* Place the computer screen 20 to 26 inches away from the eyes and adjust the top of the screen so that it sits at or slightly below eye level. The monitor distance should allow people to read the screen without leaning their heads, necks or trunks forward or backward.

- \* Adjust text size as needed for ease in reading.

- \* Use a document holder placed next to the computer screen to avoid turning the head back and forth or constantly refocus the eyes.

- \* Reduce overhead or window glare from the monitor by placing it perpendicular to a window, adjusting or adding window blinds, or reducing interior lighting.

- \* Use an antiglare screen on the computer, a task light that shines only on the paper and remember to take frequent breaks.

- \* Blink eyes regularly and more often to help moisturize them and avoid dryness and irritation. Use artificial tears if needed.

- \* Look away from the screen every 20 minutes or so and focus on an object 20 or more feet away to relax eye muscles.



Airman 1st Class Cecilia Rodriguez

**Eye protection such as safety glasses, goggles, face shields and welding helmets will help keep workers like Dyncorp employee Ed Davis safe from eye injury.**

Some people will discover they need eyeglasses for computer use, even though they don’t need glasses to see clearly at other times. For questions or concerns about vision, call the Columbus AFB Optometry Clinic at Ext. 2188 or contact a health provider.

## DFAS, myPay officials assure personal-information security

### ARLINGTON, Va. —

With “phishing” scams occurring more frequently, Defense Finance and Accounting Service officials said they want to assure customers that every precaution is taken to secure data.

Customers should be aware that the agency and its Web-based system, myPay, will not ask for personal or financial information by e-mail, DFAS officials said.

Individual DFAS customers can enter the myPay Web site with a personal identification number to access the secure financial page to make changes to personal information, officials said.

Phishing attacks trick people into pass-

ing personal information by luring them to false corporate Web sites or by requesting personal information be sent in a return e-mail.

“Phishers” send e-mails or pop-up messages claiming to be from a business or organization individuals would routinely deal with — an Internet service provider, bank, online payment service or even a government agency, said Federal Trade Commission officials. The message usually tells people that they need to ‘update’ or ‘validate’ account information and might threaten dire consequence if they don’t respond.

People are directed to a Web site that mimics a legitimate organization’s site. The purpose of the bogus site is to trick them into divulging personal information so the scam operators can steal identities and make purchases or commit crimes in the victim’s name, officials said.

DFAS officials offer the following tips to help avoid getting hooked by a phishing scam:

- Use anti-virus software and keep it up to date. Some phishing e-mails contain software that can harm computers or track activities on the Internet without the user’s knowledge.

- Do not email personal or financial information. E-mail is not a secure method of transmitting personal information. If people initiate a transaction and want to provide their personal or financial informa-

tion through a Web site, look for indicators that the site is secure, such as an image of a lock or lock icon on the browser’s status bar or a Web site address that begins with an “https.” Unfortunately, no indicator is fool-proof; some phishers have forged security icons as well.

The myPay site combines strong encryption software and secure technology with the user’s Social Security number, PIN and secure Web address or DOD-specific telephone number. These all act as safeguards against unauthorized access, officials said. This combination prevents information from being retrieved by outside sources while information is being transmitted. The secure technology provided to myPay customers meets or exceeds security standards in private industry. (Courtesy of Air Force Print News)

## Blood drive

A base blood drive is from 8 a.m. to 4 p.m. March 25 at the community center. No appointments are necessary, but if you would like to schedule a time to donate or if you have any questions, call Capt. Daryl White at Ext. 2133.



# ORI prep — Let's get back to the basics

**Lt. Col. Dan Milnes**  
14th Medical Support Squadron



We're counting down the weeks and days prior to the arrival of our Operational Readiness Inspection team. We're only a couple of months out from the big event. The entire wing has been working hard, preparing to welcome the inspection team and show them what kind of "stuff" Team BLAZE is made of.

During my squadron commander's call last week, I emphasized to my troops that the lens through which the wing leadership currently views everything is our impending ORI.

Let's face it folks — the ORI is our report card. This is our opportunity to shine and really let the Air Force know how great we are at accomplishing our operational readiness mission. I'm extremely confident that we will do just that in an outstanding fashion!

With that said, we all know that serious preparation is the key to superb performance. All of our organizations are running checklists ... once, twice, three times and then again.

Everyone is training hard and participating in multi-

ple exercises, which we'll continue to do. We are practicing and preparing to do well. There is no doubt in my mind that we will be ready to execute.

As we prepare, train and exercise, I want to encourage each of you to remember the basics and the fundamentals of our jobs as Airmen or civilian teammates. Fundamental and basic tasks, maneuvers, strategies and actions form the foundation of our individual and collective organizational successes.

I suggest to you, let's remember — and if necessary, let's get back to — the basics. This suggestion may be simplistic, but I believe that focusing on the basics is paramount to proper preparation and execution.

Most of you remember, or at least have heard of, the great Green Bay Packer football coach Vince Lombardi. Coach Lombardi insisted that his players practice their fundamental tasks over and over. He drilled them on the basics.

Legend reveals that Coach Lombardi would start off each training season by sitting his players down and telling them, "Gentlemen, today we're going to get back to the basics of the game. This, (holding the pigskin over his head) is a football."

He knew that understanding and practicing the basic fundamental elements in any business was essential to success. He proved just that by turning a losing team into winners, earning two Super Bowls and five National Football League championships.

I encourage each of you to take a hard look at how you do business on a daily basis. We're so busy, that sometimes it's easy to get caught up in a routine and neglect the fundamental basics we should be practicing.

Individually, we can define the basic tasks of our unique jobs. Then, it's important for us to perform those tasks correctly and efficiently. Collectively, we can define the fundamental basics of our organization as a whole.

Then we need to ensure we act accordingly. For example, how about ensuring that we consistently maintain our core values of Integrity first, Service before self and Excellence in all we do?

How about remembering basic customs and courtesies like a sharp salute, the use of appropriate titles, a fresh coat of shoe polish or a crisply pressed uniform?

Running checklists, correcting discrepancies and performing training exercises are proven methods we use in preparing for the ORI.

I suggest we stay in-touch with basic concepts that serve as our foundation. Then, let's make sure to continually weave those concepts and values into our daily operations.

When the ORI arrives, we will be ready. Performing with the "basics" in mind can make all of the difference in the world. Let's stay focused, let's stay on track, and let's not lose sight of our fundamental tasks, core values, customs and courtesies.

Building the world's best warriors, leaders and professional military pilots

# BLAZE TEAM Social workers — Help starts here

**Lt. Col. Victoria Farley**  
14th Medical Operations Squadron

Social work is not one of the most glamorous jobs. The hours can be long, the challenges are numerous, and it is no secret that the job's stress level can be high.

Social workers, though, have the right education, experience and dedication to help people help themselves whenever and wherever they need it.

Every day, more than half a million social workers wake up knowing they will help a child, a grandfather or an organization reach its potential.

They strengthen communities one family at a time. They support humane changes in policies and legislation that improve the lives of every one. Social workers, as the title suggest, work to empower and improve others' lives by initiating, facilitating and supporting positive change in the society.

March was officially designated National Social Work Month in 1984 by the White House. Since 1984, the National Association of Social Workers has recognized the dedicated efforts and hard work of America's professional social workers every March.

The 14th Medical Group would like to take this opportunity to recognize the hard work of two social workers who make a difference in the Columbus AFB

community — Capt. William Hubbard and Cynthia Duffey.

Captain Hubbard is very active around the base, initiating, facilitating and supporting positive changes in a number of ways. He accomplishes these sometimes-daunting tasks by organizing and instructing many preventive mental health efforts such as critical incident stress management, applied suicide intervention skills, and suicide and violence awareness education.

As a preventive mental health organizer and instructor, Captain Hubbard is integral in supporting positive changes that are already taking place in the Columbus AFB community and facilitating further changes to ensure that the community remains healthy.

Similarly, he maintains an active therapeutic schedule wherein he addresses individual and family issues to help address and decrease domestic abuse and is active in the treatment of airsickness as well. In addition to all of these responsibilities, he is the Columbus AFB point of contact for the prevention of sexual assault.

For his many accomplishments and his dedication to

the betterment of his community, Captain Hubbard was recognized as an outstanding performer during the 14th MDG Health Service Inspection.

Also a social worker by trade, Ms. Duffey is a new addition to the medical group. She began serving as the Columbus AFB family advocacy intervention specialist on Jan. 10.

April is Child Abuse Prevention Month, and Ms. Duffey is planning activities that will educate our base community regarding child abuse prevention. Her other responsibilities include educating BLAZE TEAM members on domestic violence prevention and treating families who have experienced domestic violence.

The perseverance through hard work, the tenacity in the face of challenges and the dedication of countless hours by these two social workers certainly better our community in innumerable and sometimes unrecognized ways.

Please take the opportunity during National Social Worker Month to recognize these individuals and the activities they pursue in dedication to their society.



Capt. William Hubbard



Cynthia Duffey

# There is good news from the desert

**Master Sgt. Ricky Fitzgerald**  
332nd Air Expeditionary Wing

**BALAD AB, Iraq** — Did you hear the good news in Iraq today? My guess is no.

It is no secret that good news is no news, especially when news sells. So who wants to buy good news when you can get bad news for free? Think about it. Is the media to blame? If so, why? The media sells news, the public buys news.

I'll make it easy for you. I have good news from Iraq, and it's free!

My name is Ricky Fitzgerald. I'm a master sergeant in the Air Force, and I

work as a Combat Camera videographer, stationed at Charleston AFB, S.C. I have a story to tell, but be warned; it may shock you — it's all good news.

Let me first lay down a little disclaimer and maybe some bias. I love my country, I love our military, and I love the people who serve in it. I have never met finer friends than those I have served with during the past 18 years.

I arrived here in Iraq in early January, just two months ago. Like most members of the military arriving here, I was a little scared, a little disoriented and a little unsure about what was going to happen

next and who it was going to happen to. Why wouldn't I be? I watch the same news you do. I have seen things I would rather not see — sad things, sad people and sad situations that seem to have no end in sight.

My purpose here is not to hide or downplay the obvious: people are dying here every day. Out of respect for our fallen brothers and sisters who selflessly laid down their lives for something they believed in, I think the public, especially the families of those who have fallen in this foreign land, deserve to know the truth about what is really going on 90

percent of our time over here. I'm writing this to tell you exactly what I have seen, not what I have watched or read on the news, and not what I have heard in daily briefings.

Are you the one who donated one of the 60 soccer balls we handed out this week? Last week those same kids were kicking a can in the street.

Maybe you contributed one of the 1,160 pairs of shoes that I watched Iraqi children slip into last week. Watching all those children try on shoes for the very first time in their life is beyond any Christmas present opening you could ever witness.

See **IRAQ**, Page 7



**Master Sgt. Curtis Chiles**  
14th Medical Operations Squadron

## Women's History Month Spotlight

Now that Condeleeza Rice is Secretary of State, do you think the fact that she is a woman will affect how she is treated in handling foreign relations in a male-dominated field?

*"Ms. Rice being a woman shouldn't affect foreign relations at all. She is very intelligent and was nominated for this position because the president felt that she was the right person for the job. Females are no longer looked at as being second to men. So much negative media attention was brought up against Ms. Rice that some people have forgotten that the most powerful and most respected woman in the world was Madeleine Albright the first female Secretary of State. She paved the way and proved that the job is gender neutral."*

## Straight Talk Line

*The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.*

*Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at [www.columbus.af.mil](http://www.columbus.af.mil). Questions and answers will be edited for brevity.*

## IRAQ

(Continued from Page 6)

Or was it you who filled all of those boxes up with school supplies, toys, blankets and stuffed animals for the children? I could not believe it when I walked into the school classrooms — no electricity, no plumbing, not one poster or sign on any wall, not even a pencil or piece of paper. There was just one middle-aged Iraqi teacher trying to entertain the minds of about 30 little kids in a world where doing something fun involved rocks and sticks.

Are you the American kid who spent all day in class writing thank you letters to American servicemembers you have never even met? Take it from me, your pictures are proudly displayed in almost every American's office, tent and armored vehicle in Iraq.

Are you the parent, wife, husband, brother, sister or neighbor of the American servicemember who I saw playing with Iraqi children today? Those kids looked up to him like he was the best thing that has ever happened in their lives. I believe he was.

Maybe you know the servicemember who stepped out of his armored vehicle only to be swarmed by Iraqis, both young and old, who wanted nothing more than to hold his hand and walk proudly down the neighborhood street with him. And walk they did; you should have seen it!

I am here to tell all of you the truth. Your toys, your blankets, your drawings and your letters are here in Iraq, and every day you are putting smiles on faces and hope in every Iraqi child's future.

Will shoes and toys solve the world's problems? Certainly not, but if you could see what I have seen in the eyes of an Iraqi child, you would know there is hope. And if you could see the strength and determination of the American servicemember here in Iraq, you would know your prayers are working. News comes in many forms, and a camera's lens captures it all — good and bad. But today, I give you the good. God bless you all.

attitude affect my self esteem, my unit, my friends and my family?" or "Am I allowing outside influences, such as the weather, a high ops tempo or a micro-managing supervisor that I have little to no control over to affect my behavior and my attitude?"

Most of the time when I take stock of my attitude, I realize that there is always room for improvement and I try to do better.

Airmen have so much to be thankful for and be positive about.

The opportunity to live in foreign countries, to experience the people, culture, language and traditions; and most importantly, the opportunity to serve the greatest freedom-loving nation on the face of the earth in the most important conflict of our time.

A positive attitude is the key to winning this conflict and any other challenge we will face in life. And a positive attitude starts with you.

that of other Holocaust survivors helped them survive the horrors of the Nazi death camps.

Regarding attitude, Dr. Frankl shared the following: "... everything can be taken from a man but one thing: the last of the human freedoms — to choose one's own attitude in any given set of circumstances, to choose one's own way."

If Dr. Frankl and others could control their attitude in the most oppressive of circumstances, how much easier should it be for us, given so much freedom and opportunity, to "choose our own way" — to choose our attitude.

To obtain and maintain a positive attitude, the first place you need to start is with your very own thoughts. To have a good attitude, you must think about positive things.

It is important that each and every one of us occasionally accomplishes an attitude check on ourselves.

Ask yourself, "How does my

**Maj. David Carlson**  
52nd Equipment Maintenance Squadron

**SPANGDAHLEM AB, Germany** — I have observed that the vast majority of leaders and mentors I have known throughout my life, who have helped mold and shape me into the person I am today, radiated a positive attitude.

Each of them may have defined and exemplified success in their lives differently, but what made them so fun, exciting and influential in my life was their positive attitude — their zest for life.

In every case, their positive attitudes defied the many challenges that they may have had to face and overcome.

Maintaining a positive attitude, despite life's trials and challenges, is a conscious choice. When I was in college, Dr. Victor Frankl's book, "Man's Search for Meaning," was mandatory reading for one of my classes.

In his book, Dr. Frankl described how his attitude and



# Airmen discuss importance of women’s history

**Tech. Sgt. Scott T. Sturkol**  
416th Air Expeditionary Group

**KARSHI-KHANABAD AB, Uzbekistan** — There are more than 215,000 women serving in the military, and there are more than 1.7 million female military veterans, according to the U.S. Census Bureau’s most recent statistics. Those statistics are no surprise to women serving with the Air Force here — a forward-operating area for the war on terrorism and Operation Enduring Freedom.

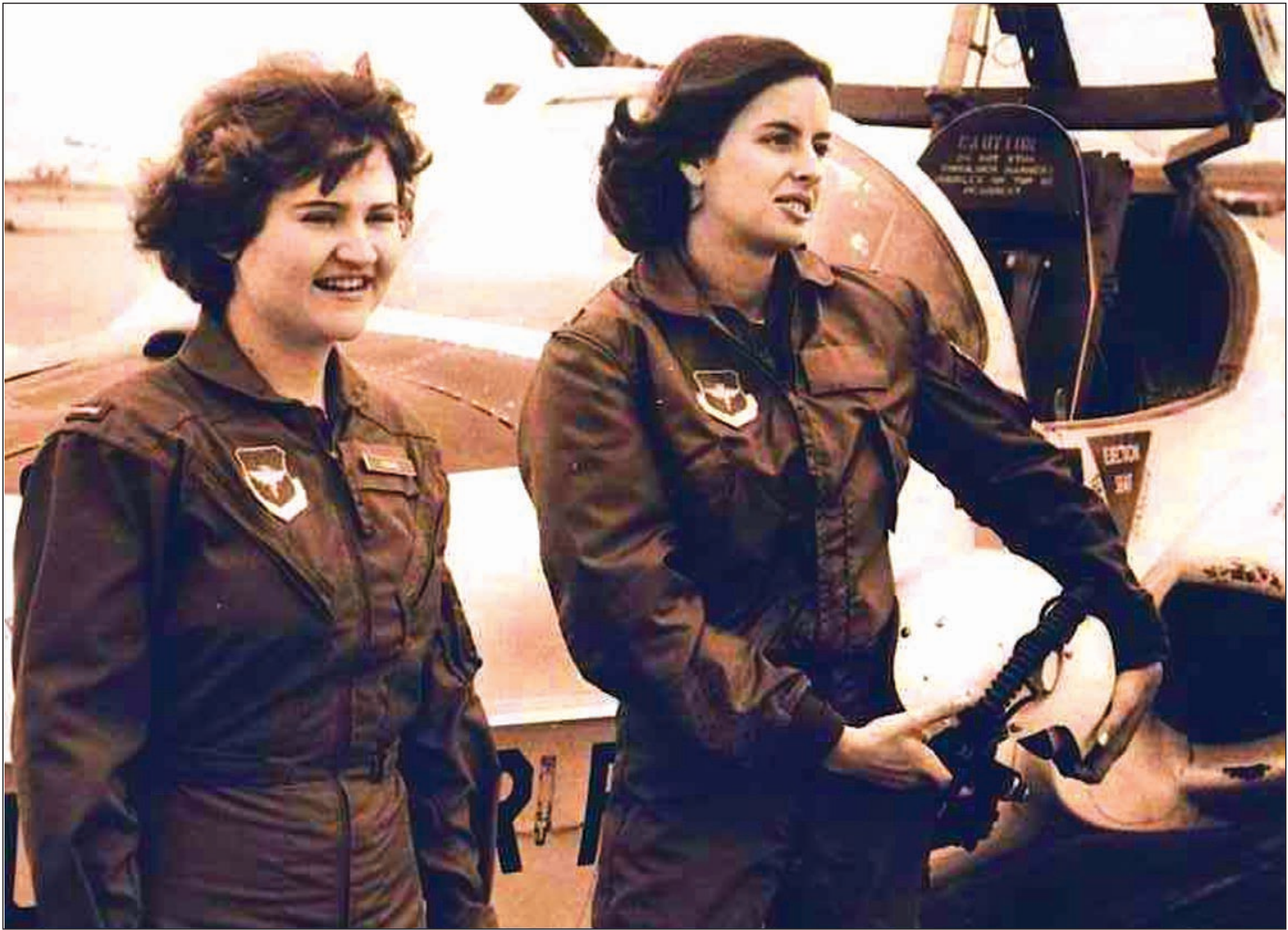
“If it weren’t for the women before us, we wouldn’t be holding the positions we have today,” said Tech. Sgt. Emily Green, 416th Air Expeditionary Group noncommissioned officer in charge of transient alert and deployed here from McChord Air Force Base, Wash. “They put themselves in danger and showed that they were able to handle what was given to them.”

Sergeant Green, who when not deployed works as a C-17 Globemaster III crew chief, said from her experiences in more than 14 years of military service that what she does today might seem an every day normality for some, but it did not come about without many women making sacrifices for the betterment of the future.

“Women’s roles have changed greatly over the years,” Sergeant Green said. “There are more women doing jobs today that years ago you would have never seen them doing.”

Some of the jobs that have changed, particularly in the military, include those women flying planes in combat environments. Lt. Col. Carol Timmons, an aircraft and mission commander serving with the 774th Expeditionary Airlift Squadron here from the Delaware Air National Guard at New Castle, said she understands and appreciates the progress that has been made.

“Opportunities are everywhere (for women),” she said. “When I first started my military career, many jobs were closed to women. I was enlisted in the Delaware



Courtesy photo

**Second Lts. Cyndy Hubbard and Holly Wong were the first females to enter pilot training at Columbus AFB during the 1980s.**

Air National Guard and could not fly the C-130 (Hercules) because of the combat exclusion.”

At the time, Colonel Timmons said she was told “no,” and she never thought she would see women flying C-130s, or any other aircraft, in a combat environment.

“I have always believed every individual should be allowed to perform a job that (he or she) can qualify for,” she said. “We also have to be careful not to lower standards — everyone should meet the necessary requirements for a particular job. Also, I am honored to have been able to fly for my country for (more than) 20

years, and I am thankful for those who came before me to help open the doors to women.”

Tech Sgt. Karen Jackson, of the 416th Expeditionary Mission Support Squadron air terminal operations center’s passenger services, said women’s history should continue to be a focus for everyone, particularly younger generations.

“Our young daughters need to know how far (women) have come along in independence,” Sergeant Jackson said. “If our daughters realize the lifestyle women have now has not always been this way, then maybe they can take advantage of what

there is today and better the world tomorrow.”

Colonel Timmons also said people need to look at Women’s History Month as a time to recognize the contributions women have made to the Air Force, the military and the world in general.

“Observances like this are a good thing,” she said. “It gets people thinking about different groups that have not been represented well in history books. It’s also important to know there are women who have invented things, been involved in historical events and are a part of the fabric that makes our country great.”



## BLAZE TEAM member one of first few enlisted females at CAFB

**T**royce Gottwald, currently a civilian with the 14th Comptroller Squadron, became one of the first female enlisted Airmen stationed at Columbus AFB in June of 1972.

Upon her arrival, she discovered that provisions for female military members had not yet been established.

“When I first got here, there were no dormi-

tories for enlisted females,” Ms. Gottwald said. “Shortly thereafter, they partitioned off one end of one floor for female occupants, but until then I lived off base.”

The Air Force had not yet created maternity uniforms for its servicemembers when Ms. Gottwald became pregnant with her first child. She was instead authorized to wear civilian

clothing to work during her pregnancy.

“I even had to get a dependent ID card to be authorized medical care because there was no OB/GYN on base,” she recalled. “The Air Force just wasn’t quite ready to accommodate female military members, but things quickly changed. I had a blast stationed here. I loved it and I’d do it again.”

Building the world’s best warriors, leaders and professional military pilots

Story and photos by  
**Senior Airman Mike Meares**  
96th Air Base Wing

**EGLIN AFB, Fla.** — The military teaches all Airmen to pay close attention to every detail, but for search and recovery teams, attention to detail is not just important, it is a way of life.

If an accident were to happen involving Airmen, the team would be called into action. The team, consisting of at least 26 Airmen, would search the aftermath of the accident for anything that does not belong.

“If something happens, this team goes out and locates any remains or personal affects left by the accident,” said Senior Airman Ryan Leveille, noncommissioned officer in charge of the 96th Services Squadron team here.

Each team includes a team leader, a recorder, a plotter, a staker and several flankers. The leader designates where the rest of the team will begin the search. Once the team is in a line and spread out about two feet apart, the team begins searching. The leader will control the

search line with the word “step.” With each step, the team’s Airmen search the ground around them looking for anything.

“The No. 1 thing in our job is attention to detail,” Airman Leveille said. “We must find everything the first time out.”

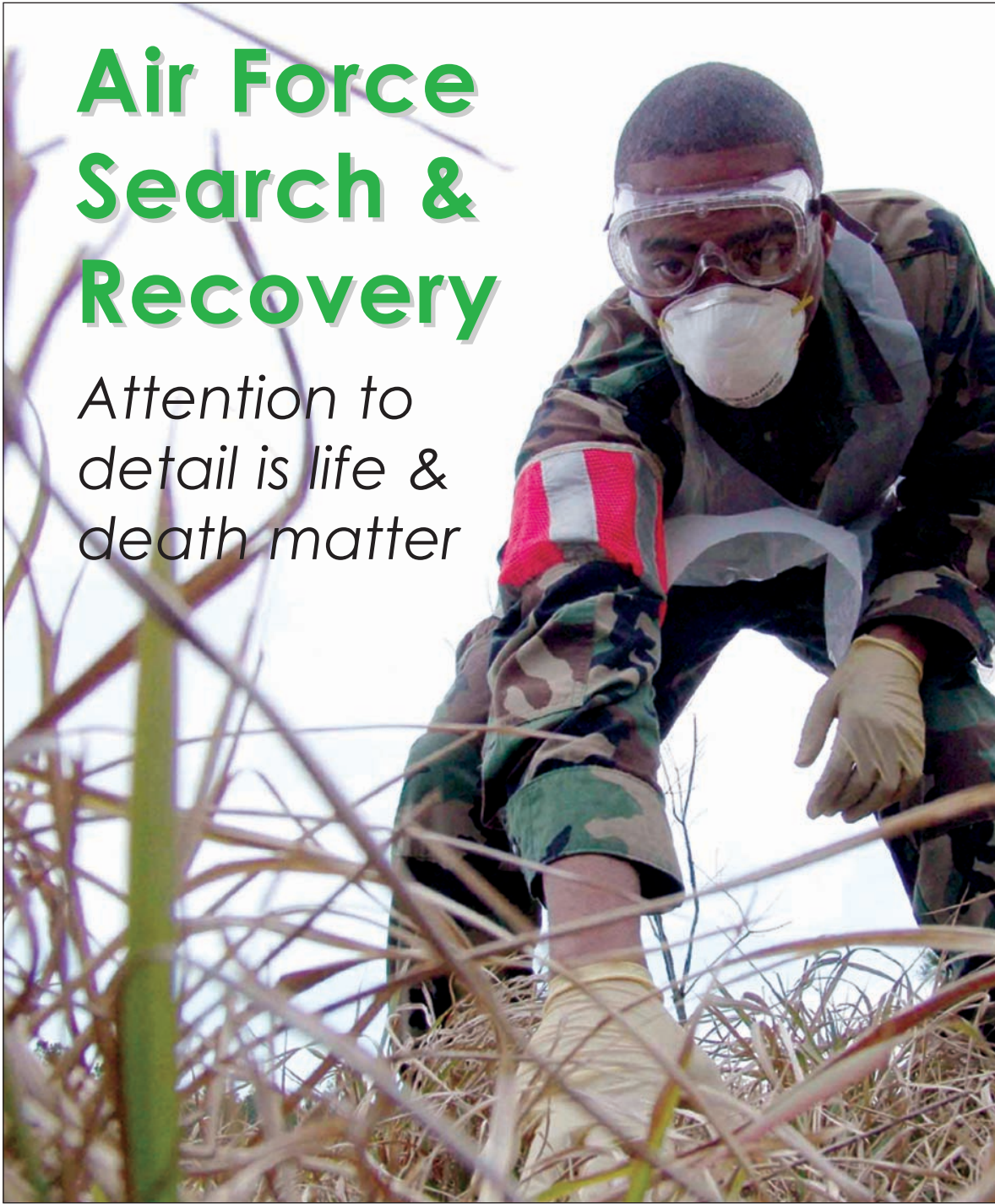
As the team advances across a search area, they will record anything they find and mark it with a stake or marker of some sort. The plotter will then mark the finding on a map of the area.

The team has to be “perfect” during an Air Force mortuary case, said Lt. Col. John Williams, 96th Services Squadron commander.

“We strive to be 100 percent error-free,” Colonel Williams said. “It has to be perfect before we close the case. We don’t want to find something two to three months down the road and reopen the mourning process.”

In striving to be error free, the team will not stop a search until the area has been thoroughly reviewed. The team will search the ground in every direction to make sure nothing is missed.

“We expect perfection,” Colonel Williams said.



**Top: Staff Sgt. Thomas Johnakin looks through tall grass while training with a search and recovery team at Eglin AFB, Fla.**

**Far Left: Tech. Sgt. Anna Bolton-Herndon records a finding during a training exercise with a search and recovery team.**

**Left: A search and recovery team methodically walks across a search area one step at a time looking for anything out of place during a training exercise.**



# Upcoming club events promise enjoyable time

**Pam Wickham**  
14th Services Division

The Columbus Club is sponsoring a variety of upcoming events for the entire BLAZE TEAM.

\* Family Fun Night is from 5 to 8 p.m. Thursday at the Columbus Club. The event will feature balloons, a jumping castle, Columbo the Clown and pony rides for the children.

Cost is \$6.95 for club members and \$9.95 for nonmembers. Ages 6 to 12 eat for \$3.95 for club members and \$5.95 for nonmembers, ages 5 and younger eat for free, and children who wear their western attire receive a dollar off the cost of their meals.

\* “Give Mom a break and treat the whole family to a very special Easter Sunday brunch March 27 at the club,” said Brenda Freeman, Columbus Club manager. “We are offering a huge selection of entrees including a prime rib and ham carving station, baked salmon and chicken, an omelet and waffle station, all the breakfast favorites, a variety of vegetables,

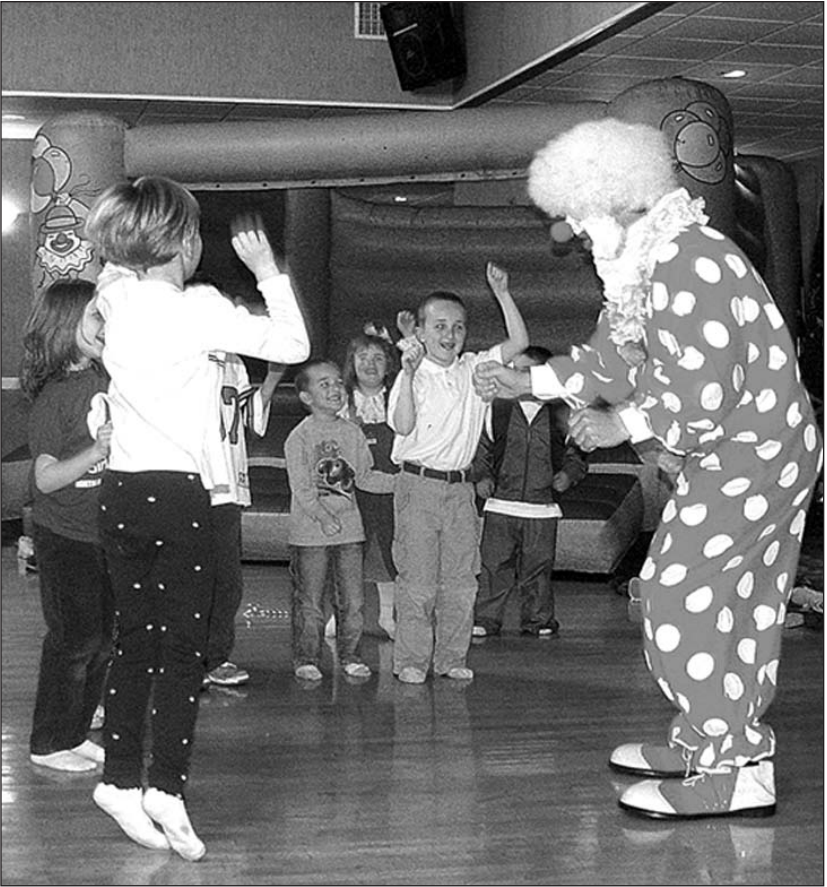
potatoes, salads and homemade desserts to top off a great Easter dinner.”

Brunch is served from 10:30 a.m. to 2 p.m. and reservations are encouraged. Cost is \$12.95 for members and \$15.95 for nonmembers. Ages 6 to 12 eat for half price and ages 5 and younger eat for free.

\* A night of fun and games is planned for club members only at the club’s Monte Carlo night April 1. The games begin at 7 p.m. Members can play black jack, craps, spin the roulette wheel or a hand or two of poker; and they will have the chance to bid for prizes with money they’ve won during a blind auction at 10 p.m.

Advance tickets are \$10 and must be purchased by 1 p.m. March 31. Members will receive \$200 in play money for purchasing advance tickets. Tickets at the door are \$15 each and entitle members to \$100 in play money. Players can purchase an additional \$300 in play money for \$10 until 9 p.m.

For more information about upcoming club events, call Ext. 2490.



Courtesy photo

**Columbo the Clown is scheduled to make an appearance at the Columbus Club’s Family Fun Night Thursday.**

# Services — Doing great things for great people

**All new lunch buffets:** The Columbus Club offers a different buffet Tuesday through Thursday. Cost is \$6.95 for club members and \$8.95 for nonmembers. Tuesday features Mexican cuisine, Wednesday is country-style cooking, Thursday has an Italian flare and Fridays offer a tri-continental selection of German, Asian and New England seafood. This week’s introductory rate of \$4.95 per person is offered to all DynCorp employees. All pilot training students will receive this special introductory rate March 29 through April 1. Call Ext. 2490.

**Preschool storytime:** The base library offers this 30-minute program at 10 a.m. Wednesdays for ages 3 to 5. Volunteers are needed to read stories to the children. Call Ext. 2934.

**Spring Fling Easter egg hunt:** The youth center hosts this annual event from 8:30 a.m. to noon Saturday at Freedom Park. There will be a children’s flea market, carnival games, a dance and karate demonstration, and individual egg hunts for ages 1 to 3, 4 to 5, 6 to 8 and 9 to 12. Call Ext. 2504.

**Home decor classes:** The skills development center offers a class on how to make a storage tower (18-inches wide, 15-inches deep and 60-inches long) March 31. Registration is required by March 26. Class times are 10:30 a.m., 2:30 p.m. or 6:30 p.m. Cost is \$25 and includes all materials. Comparable items in catalogs sell for up to \$149.

April classes include making a bamboo inlaid coffee table April 14. Cost is \$25 and includes all materials. People can make a matching endtable April 28. Cost is \$20 and includes all materials. Class times for both classes are 10:30 a.m. or 6:30 p.m. Call Ext. 7836.

**Disney World tickets:** The information, ticket and travel office has three children’s three-day Disney Hopper passes for sale. Cost is \$163.04 per ticket. Call Ext. 7861.

**Youth photography contest:** Submissions for the ImageMakers National Photography Contest must be turned in to the youth center by April 1. There are four age divisions (ages 9 and younger, 10 to 12, 13 to 15 and 16 to 18) and five categories of competition (color

process, black and white process, alternative process, digital and photo essay). Selected photographs will compete at the regional level. Call Ext. 2504.

**Spring break day camp:** The youth center offers a day camp for school-age children from 7 a.m. until 6 p.m. March 28 through April 1. A limited number of spaces are available. Parents may register their children at the youth center. Fees are based on total family income. Call Ext. 2504.

**Free archery camp:** The youth center offers this camp for ages 8 to 15 from 9 to 11 a.m. March 28 to April 1. The program is limited to the first 12 youth to register and dependents of deployed personnel will have priority. The registration deadline is March 25. Call Ext. 2504.

**Teen egg hunt:** The youth center hosts a teen glow-in-the-dark egg hunt from 7 to 8 p.m. March 26 at the youth center. Call Ext. 2504.

**Space camp applications:** The youth center is accepting applications for space

camp now through March 26. The program is open to dependents of active-duty military enrolled in sixth through ninth grades. Call Ext. 2504.

**Women’s History Month:** Every Thursday throughout March, base personnel are invited to participate in the library’s weekly “Do You Know?” trivia program. Participants can submit one answer a week.

All correct answers will be counted and the person with the most correct answers for the entire month will receive a \$20 Books-A-Million gift card. For more information, stop by the library or call Ext. 2934.

**New massage therapy prices:** The fitness center has reduced its prices for massage therapy — \$45 for a full body one-hour massage, \$25 for a half body 30-minute massage, \$20 for a 15-minute table massage or \$15 for a 15-minute chair massage. Massage therapy is available from 9:30 a.m. to 9:30 p.m. Tuesday, Thursday and Friday, and from 10 a.m. to 2 p.m. Saturdays by appointment only. For an appointment, call Ext. 2772 or 574-0982 .

## Family Support Center

### Catholic

Sunday:  
9:15 a.m. — Mass  
10:30 a.m. — CCD at Bldg. 1052  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass  
Monday:  
6 p.m. — Communal penance

### Protestant

Sunday:  
9 a.m. — Sunday school at Bldg. 1052  
10:45 a.m. — Combined worship service in the chapel sanctuary  
Tuesday:  
11:30 a.m. — Lunch and Bible study  
Wednesday:  
7 p.m. — Living Last Supper  
For information about Islamic, Jewish, Orthodox or other services, call the base chapel at Ext. 2500.

### Fellowship dinner and movie

All BLAZE TEAM members are invited to a fellowship dinner at 5 p.m. today in the religious education wing at the back of the base chapel. The main course will be provided, and guests are invited to bring desserts.

A special viewing of “The Passion of the Christ” on the large screen television in the sanctuary will follow the dinner at 6 p.m. Children’s videos will also be available in the religious education wing to give parents of small children a chance to see the movie as well. For more information about the event, call Ext. 2500.

### Catholic Easter schedule

Good Friday service will begin at 3 p.m. March 25. Easter services will begin at 9:15 a.m. and 5:30 p.m., and an egg hunt will follow the morning Mass.

### Protestant Easter schedule

Good Friday service will be at noon March 25, and an Easter sunrise service is at 6:30 a.m. March 27 at the Walker Center. After the 10:45 a.m. Easter service, there will be an egg hunt for ages 1 to 12. Parents are asked to bring baskets for children. For more information, call the chapel at Ext. 2500.

### Jewish Passover

The Jewish Passover begins at sundown

April 23 and concludes May 1. For more information, call the chapel at Ext. 2500.

## Base Notes

*(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)*

### Crossover Connection

Personnel who have PCSed to Columbus AFB from overseas or other installations within the last two years are invited to share positive perspectives and experiences with people currently PCSing to the same base or country. To volunteer, contact the family support center.

### Relaxation workshop

The first session of a two-part relaxation class is from noon to 1 p.m. Tuesday. Participants will practice progressive relaxation phases for the muscle groups and also receive a free relaxation CD to use at home. Spaces are limited, and registration is required by March 20. The second class is from noon to 1 p.m. March 29.

### Sponsorship training

A workshop designed for all unit introduction monitors is at 9 a.m. March 29. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

## Chapel Schedule

### Auto skills center workshop

In observance of Women’s History Month, the auto skills center offers a free car maintenance workshop at 6 p.m. Tuesdays throughout March. Participants will learn safety tips for changing tires, changing oil, checking vehicle brakes and more. For more information, call the auto skills center at Ext. 7842.

### Crutches wanted

The 14th Medical Group seeks old, unused crutches for patients who currently have a need for them. Crutches can be dropped off at the physical therapy section, or arrangements for pick-up can be made. For more information, call Ext. 2116.

### CGO seminar

A Company Grade Officer Professional Development Seminar is from 8 a.m. to 4 p.m. Thursday at the Columbus Club. CGOs interested in participating in this mentorship program should call Capt. Chandra Peek at Ext. 2656.

### Education center hours

To provide BLAZE TEAM members with better service, the base education center is extending its customer service hours. Effective April 1, the new hours are from 8:30 a.m. to 4:15 p.m. For questions or more information, call Ext. 2562.

### CTO closure

The commercial travel office will close at noon April 5 and will not reopen until 7:30 a.m. April 7. All business should be conducted prior to this time. In case of travel emergency, contact the emergency center at (800) 639-0689.

### COSC social

The spouses of the 14th Mission Support Group host a Columbus Officers’ Spouses’ Club social at 6:30 p.m. April 12 at the Columbus Club. Scholarships for the 2004-2005 school year will be awarded. The menu is prime rib. Cost is \$13.25 per person and club members receive a \$2 discount. New members are welcome. For reservations, call Cammy Cheater at 434-8915 by noon April 7.

### Air National Guard

Servicemembers separating from the Air Force have the opportunity to become a member of Team Barnes. Those who have completed an Air Force enlistment and do not have a military service obligation may qualify for a \$15,000 enlistment bonus in the Massachusetts Air National Guard. To learn more about this incentive and other benefits, call (800) 247-9151 or DSN 698-1567, or e-mail recruiting@mabarn.af.mil.

### Thrift Shop

The Thrift Shop, located at Building 345, C Street, is open from 3 to 6 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. The shop will close March 28 through April 1. Consignments are accepted until one hour before closing. Volunteers are always welcome. For more information, call Ext. 2954.

## Career Assistance Advisor Tip of the Week

**“I’m brand new to the Air Force and Columbus AFB. How do I know what my supervisor expects from me?”**

*An initial feedback will be done within 60 days from initial date of supervision. The same time you receive your initial feedback, your supervisor will discuss the Air Force Benefits Fact Sheet and all areas on the feedback worksheet, letting you know his or her standards and expectations.*



**Library book sale:** The Columbus-Lowndes Public Library Friends of the Library book sale is from 8 a.m. to 9 p.m. today and from 8 a.m. to 2 p.m. Saturday at Leigh Mall in downtown Columbus. For more information, call the library at 329-5300.

**Living Pictures Easter Program:** The Fairview Baptist Church choir, orchestra and drama team will present “Living Pictures” at 7:30 p.m. today through Sunday. Free tickets are available at the church office, located at 127 Airline Road, from 8 a.m. to 5 p.m. Monday through Friday. For more information, call 328-2924.

**WalkAmerica:** A one-mile walk to support the March of Dimes and the organization’s mission to fight prematurity begins at 2 p.m. Sunday at the 4-County Electric Power Association in Columbus. Registration begins at 1 p.m.

**Spring Pilgrimage:** The Columbus, Miss., Spring Pilgrimage 2005 runs March 25 through April 10. This award-winning tradition features daily antebellum home tours with guides in period costume and historic carriage rides. Groups with 20 or more people must make reservations with the Columbus Historic Foundation. For a free brochure or for more information, call (800) 920-3533 or e-mail [chf@historic-columbus.org](mailto:chf@historic-columbus.org).

**Tales from the Crypt:** Costumed guides will lead narrated tours of Columbus’ historic Friendship Cemetery March 29 through April 10. The cemetery is the site of the first Memorial Day observance in April 1866. Admission is \$2 per person for non-students and \$1 per person for students. Tours begin at 7:00 p.m. and gates close to new tour arrivals at 9:30 p.m.

A production of the Mississippi School for Mathematics and Science, Tales from the Crypt is a candlelight cemetery tour which includes original dramatic vignettes researched and performed by students at Mississippi’s residential school for gifted high school students.

The event is held in conjunction with the annual Spring Pilgrimage. For more information, call the Columbus Historic Foundation at 329-3533.

**Dogwood Festival:** The city of Aliceville, Ala., celebrates the spring season with its annual Dogwood Festival April 6 through April 9. The event will feature southern food, arts and crafts, entertainment and more.

Activities will culminate downtown at 9 a.m. April 9 with music by southern blues legend Willie King and the Liberators and the ‘60s cover band Slo-Gin. For more information, call the Aliceville Area Chamber of Commerce at (205) 373-2820.

**Trash to Treasures:** A Trash to Treasures flea mar-

ket is from 8 to 4 p.m. April 9 at the Columbus Fair Grounds. Antiques, collectibles, arts and crafts will be for sale. Vendors are wanted. For more information, call 328-5147 or 328-8783.

**Furry 5K and one-mile fun run:** The Mississippi State University Chapter of the Oktibbeha County Humane Society sponsors a 5K race and one-mile fun run at the Thad Cochran Research Park April 9. The park is located on Highway 82 in Starkville, Miss.

Registration and sign-in starts at 7 a.m. The 5K race begins at 8 a.m. and the one-mile run begins at 8:30 a.m. Prizes will be awarded for first, second and third place winners in both events. All participants are eligible to receive a variety of raffle prizes.

Entry fee is \$15 per person and participants are encouraged to bring their dogs. People who pre-register by March 31 will receive a free t-shirt. All proceeds will benefit the building of the new Starkville Animal Shelter. For more information or to obtain an entry form, visit [www.msstate.edu/org/humane](http://www.msstate.edu/org/humane) or call Allison at (662) 312-9233.

**Great American Clean-Up:** Volunteers are needed to help clean Caldedonia, Miss., April 15. For more information or to sign up, call (662) 272-5671.

For more event listings, visit [www.columbus-ms.org](http://www.columbus-ms.org).

## BARGAIN LINE

### Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
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Print advertisement \_\_\_\_\_

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Name \_\_\_\_\_

Home Telephone # \_\_\_\_\_ Duty Telephone # \_\_\_\_\_  
(in case we need more information)

#### Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other \_\_\_\_\_

If you would like to give any other suggestions, please e-mail us at [silverwings@columbus.af.mil](mailto:silverwings@columbus.af.mil).

# One diet does not fit all — Part I

Our society is known for its quick fix desires, whether it is the miracle of duct tape or the reliance on spell check, and weight loss diets lead the way in quick fix promises.

When it comes to weight loss, people do crazy things. They often ask folks who are struggling with obesity themselves for diet advice. It would make more sense to talk to a health professional or at the very least ask someone who does not appear to have a weight problem what he or she does to stay in shape. The common assumption that people are just “naturally that way” is almost always false.

This is Part I of a two-part article exploring low carbohydrate diets, like Atkins, which have been around for decades. The best thing about this diet is that most people cannot stay on it long enough to do damage!

When people exclude carbohydrates from their diet, they will immediately experience a water loss. Dieters are excited because they have just lost four pounds in two days while eating prime rib, bacon, and eggs. Unfortunately, 64 ounces of water weighs four pounds and represents a calorie deficit of zero. A steady weight loss of four pounds over as many weeks is likely the result of burning 14,000 calories that were once stored as fat.

It is impossible for a person to manage a 14,000 calorie deficit over two days. A diet like Atkins tends to be too high in saturated fat (the kind that raises unhealthy cholesterol levels) and too low in fruits, vegetables, and whole grains, all of which contain fiber and phytonutrients which are known to decrease the risk of certain diseases, such as high blood pressure, heart disease, diabetes, and several types of cancer.

The original low-fat diet approach, full of lean meats, whole grains, beans, fruits, and vegetables, is a healthy diet

lacking in processed junk foods. In the early days, there was not a bounty of fat free pretzels or fat free cookies, and jelly beans were not considered a “free food.”

Then the food industry got involved and it wasn’t long before fat free cookies replaced oranges, a serving of white rice took on the proportions of snow capped mountains and everyone was sucking down fat free jelly beans. The result was too many junky calories, too little fiber, and no heart healthy fat — a combination that did provide people with a feeling of satisfaction.

This diet might work for Ironman triathletes who need to eat all of the time and get more than 60 percent of their calories from carbohydrates, but for the rest of sedentary, overweight America this became the recipe for over eating, high triglycerides, low levels of healthy cholesterol and disappointing weight loss.

Would some people be better off eating less carbohydrates? Insulin resistance is a condition that increases the risk of diabetes and cardiovascular disease. It often develops when a person becomes overweight and/or sedentary.

Individuals who have insulin resistance (about 5 percent of adults who are not overweight, 25 percent of adults who are overweight, and close to 50 percent of adults who are obese) may fare better on a diet lower in carbohydrates than a marathon runner.



Airman 1st Class Cecilia Rodriguez

**Master Sgt. Gilbert Shrieves, 14th Medical Operations Squadron, is part of the health and wellness center staff, who can help BLAZE TEAM members establish healthy eating habits and prevent weight gain.**

However, the very low carbohydrate levels of the early phases of the Atkins diet and the liberal promotion of foods high in saturated fat goes against decades of research in cancer and cardiovascular disease prevention.

Could the Atkins diet be modified to be healthier? Part II of this article in the next Silver Wings will address this question and further discuss issues surrounding low carbohydrate diets.

If you need help improving your eating habits and preventing weight gain, visit the health and wellness center at Building 704 on Harpe Boulevard or call the center at Ext. 2477. *(Courtesy of the Columbus AFB HAWC)*

## Air Force Academy 2005 football schedule released

**U.S. AIR FORCE ACADEMY, Colo.** — The Falcon football team schedule was released March 8 by Mountain West Conference officials.

The Falcons open the 2005 season Sept. 3 against the University of Washington in Seattle, Wash., then return home for two games against conference foes. Air Force opens MWC play Sept. 10 against San Diego State University and plays Wyoming University on Sept. 17. The team plays a nationally televised game Sept. 22 against defending conference champion University of Utah. The Utah game begins a three-game road swing for the Falcons as they play at Colorado State University

on Oct. 1 before opening Commander-in-Chief’s trophy play at Navy on Oct. 8.

Following an Oct. 15 home game against the University of Nevada-Las Vegas, the Falcons will welcome the conference’s newest team, Texas Christian University, to Falcon Stadium on Oct. 22. Brigham Young University appears on the schedule Oct. 29 before the team closes out its home schedule Nov. 5 against service academy rival Army. The team has an open week Nov. 12, which caps 10 consecutive weeks of football before closing the regular season at the University of New Mexico on Nov. 19. *(Courtesy of Air Force Print News Service)*